

STINGER SPORTS 95-96

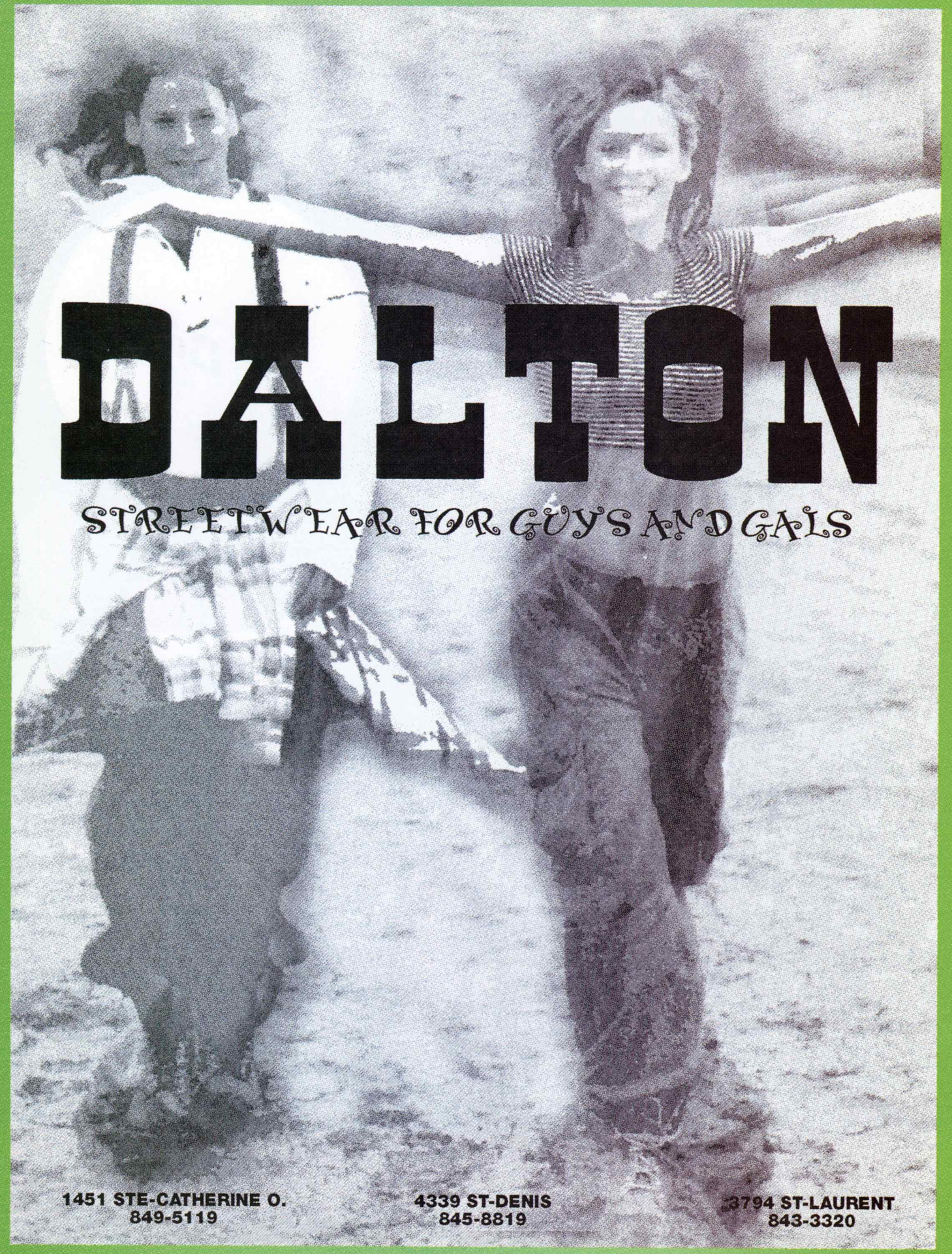


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Rector and Vice-Chancellor
Dr. Frederick H. Lowy

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**Department of Recreation
and Athletics**

Loyola Athletic Complex
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Athletic Affiliations
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O-QIFC QSSF

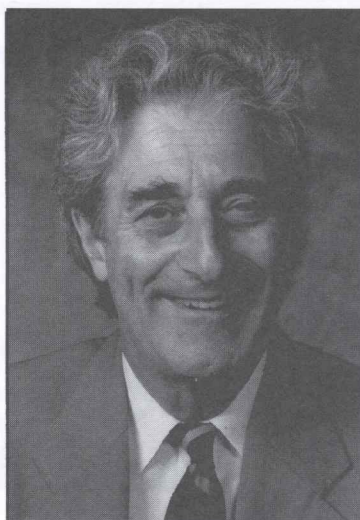
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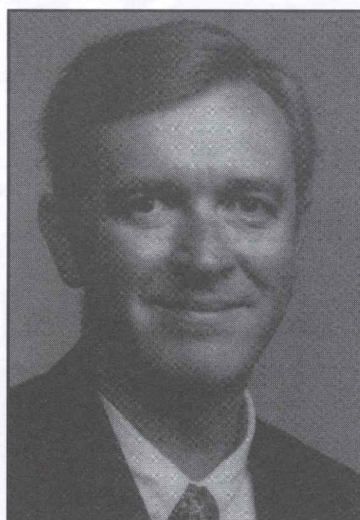


Frederick H. Lowy
Rector & Vice-Chancellor

As the newly appointed Rector and Vice-Chancellor, it is my privilege to welcome you to the Concordia University community.

A university education provides more than knowledge and skills in the discipline of your choice. Along with the formal classes, seminars and laboratories, the university experience includes the informal intellectual, social, athletic and cultural encounters that will deepen and enrich your understanding of yourself and what you wish to contribute to society. Intercollegiate sports are an important part of the Concordia experience. Our teams are competitive and continue to be a source of pride to the entire University community.

Enjoy the games and join me in encouraging the Stingers during the upcoming season.



Harry Zarins
Director of Recreation and Athletics

On behalf of the Department of Recreation and Athletics, I would like to welcome you to one of the great traditions of Concordia University. Welcome to the 1995-'96 intercollegiate sports season.

Over the years, many outstanding young men and women have dedicated themselves to the university both in the classroom and on the playing fields. This year, a new generation of student-athletes steps forward, and with them comes two long-established goals: work hard and aim high. These efforts are symbolic of the Stinger spirit and give us all reason to be proud. I ask you to join me in supporting and encouraging all Concordia's dedicated athletes, coaches and support staff.

Also, I would like to thank all the people whose support helps keep the Stingers on the leading edge of Canadian university varsity sports. Our student-athletes would not be able to reach such a high level of competition without the support of family, friends, fans, alumni and sponsors.

Let's all enjoy the new season. We hope to see you often.

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With approximately 25,000 students (of which 13,644 study full-time), 3,200 faculty and staff members, and more than 80,000 alumni worldwide, Concordia University is one of Canada's largest and most dynamic institutions of higher learning.

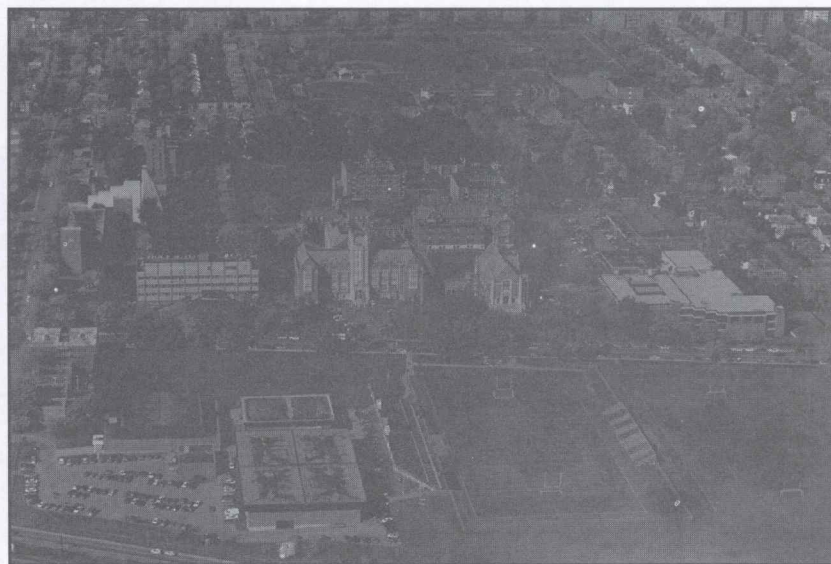
Students can choose from 160 undergraduate and graduate programs in four faculties: commerce and administration, fine arts, engineering and computer science, and arts and science. Also, integrated within the faculties are seven colleges and more than a dozen research centres.

The university has two campuses: Sir George Williams, which has approximately 42 buildings spread over 13 blocks of downtown Montreal; and Loyola, which sits seven kilometres away on 46 acres in west-end Montreal. The latter has 37 buildings.

From its founding institutions – Loyola College (1896) and Sir George Williams University (1873) – Concordia has inherited a tradition of superior teaching supported by the best possible scholarship, creative activity, research and service to society.

Although the majority of its students are recent CEGEP graduates, Concordia maintains an openness to part-time studies, flexible class schedules and an interdisciplinary approach to learning for men and women of all ages and backgrounds.

As an English-language institution in predominantly French-speaking Quebec, Concordia strives to be responsive to Montreal's bilingual and multicultural character. Approximately 14 per cent of the students list French as their mother tongue, 69 per cent list English and 17 per cent represent other language groups. Term papers and examinations may be submitted in either English or French.



Ever responsive to its members and the surrounding communities, Concordia University offers a wide range of community services from business and professional seminars to cultural and recreational activities. For example, many of the university library services are available to the public, attendance at Concordia's concerts, film screenings, drama productions, lectures, art exhibitions and sports events numbers in the hundreds of thousands annually, and Concordia's faculty and students provide research and consulting services to corporations, small businesses and individuals.

For general information on Concordia University call the public relations department at 848-4880. For details on admissions call 848-2668.



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STINGER MONTREUIL HITS BIG TIME WITH NFL CHARGERS

The most frequently asked question around the Concordia Athletic Complex these days is, "Has anybody heard anything about Mark Montreuil and the San Diego Chargers?"

The answer almost always begins with a "yes", but that's where the predictability ends. One day people are talking about how Montreuil, who was a cornerback with the Stingers football team last year, lined up against wide receiver Jerry Rice of the San Francisco 49ers in a preseason game. The next day people are talking about the BMW Montreuil is considering buying with the bonus money he received for signing a two-year contract with the defending American Football Conference champion Chargers. Then everyone is asking about the full-page, color feature on Montreuil and his NFL exploits in *The Montreal Gazette* or the article written about him in *Pro Football Weekly*.

Seeing Montreuil make the Chargers' final roster and earn a spot backing up veteran Dwayne Harper on the left-side corner is both exciting and gratifying for the members of the Stinger football team and just about everyone associated with the university.

"I think he's a conversation piece on a daily basis," said Concordia head coach Pat Sheahan. "Not a day goes by without someone coming up to me and asking how Mark is doing, how is he different from the other players I've coached or what he's like as a person. Others just have comments on his success."

While several athletes have gone on to great careers in the CFL, there has never been a Concordia Stinger in the NFL. In fact, only a handful of Canadian universities have put players in the NFL, and it had been about 10 years since an Ontario-Quebec Intercollegiate Football Conference player was drafted, as Montreuil was in the seventh round, 237th overall, last April 23rd.

"I think our football program has gained a certain amount of prestige," Sheahan said. "We have cause for celebration because one of our own has gone on to do so well."



In 1992, Montreuil came to Concordia as a wide receiver, the same position he played all through his midget, junior and CEGEP years. He found the transition to receiving at the university level hard. When he came back in 1993 he asked to be moved to the defensive backfield, where he played cornerback for the last two years.

"I liked the idea of being part of a unit on defence," Montreuil said. "When you're receiving you are out there alone, but defence is more team work. I never felt that I was alone."

Obviously, Montreuil excelled on the corner. But what really helped his career was his devotion to training. He holds the record for the highest score in physical testing in the history of Concordia varsity sports. In August of 1994, he collected 1045 points, which is right off the scale. Anything more than 1000 points is considered super human. Anything in the 900 range is considered excellent. He recorded a time of 4.29 in the 40-yard dash and his vertical leap was 38 inches, both of which helped push up his scores.

"I believe you gain mental toughness from training," Montreuil said. "It definitely helps me on the field."

Although coach Sheahan says the Chargers have taught Montreuil most of what he needs to play in the NFL, he does take credit for helping the cornerback in other areas.

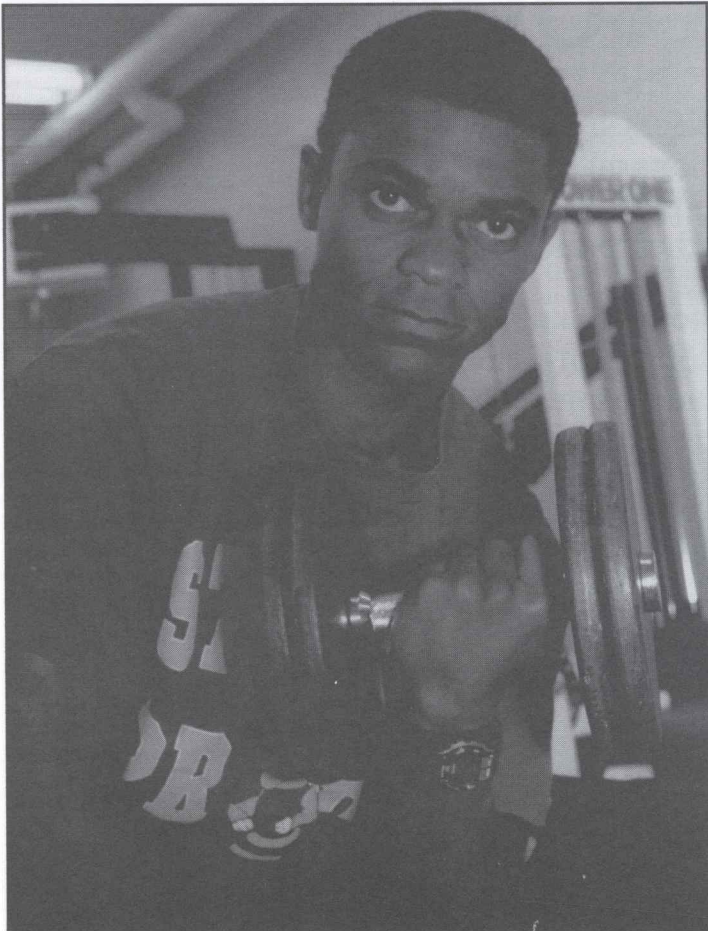
"The effort, the striving, the pursuit of excellence, all those were developed within the confines of the Concordia football program," Sheahan said. "It's things like commitment, dedication, work ethic and perseverance that Mark learned with the Stingers."

Just about every time Montreuil's name is called out by the announcers on ESPN, TNT or ABC's Monday Night Football, Concordia University is mentioned and that's bound to help coach Sheahan.

"Mark has created a tremendous amount of interest in our program," he said. "It's a very sellable point."

And Sheahan thinks the best is yet to come.

"Mark's arrival in the NFL has made the dream very real for those who follow," he said. "I don't think we're going to send 10 players to the NFL every year, but I do believe Mark won't be the last Stinger to go to the NFL."



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When it comes to sports, Montrealers are a breed apart. From dynasties on ice to celebrations on the soccer field, Montreal fans are famous for their passion, their penchant for nicknames – and their *pride*.

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Seven days a week, superstar columnists like Jack Todd, Red Fisher and Pat Hickey cover all the bases in a sports section that's as 'Montreal' as the city that invented basketball.

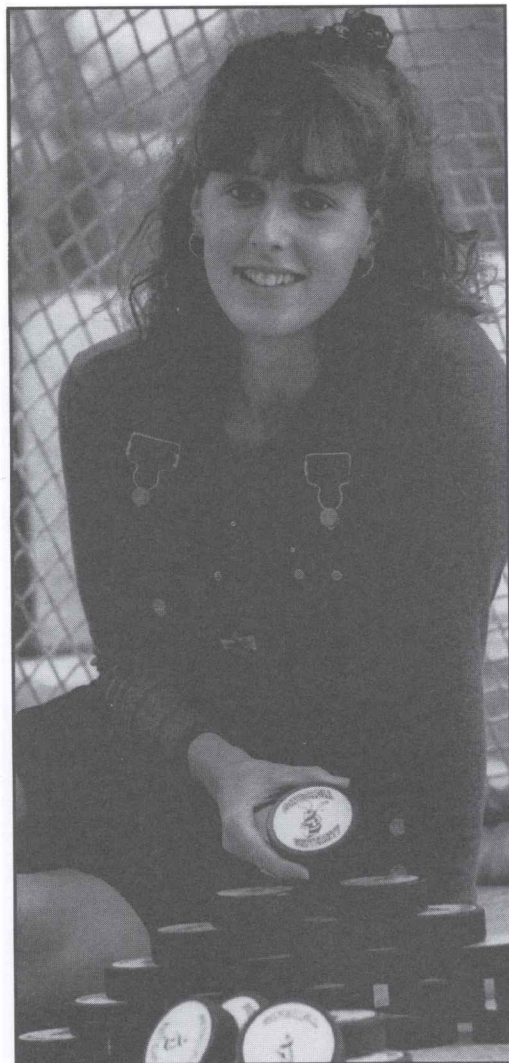
The Gazette

As Montreal as ever

CAMMI GRANATO - A GREAT AMBASSADOR FOR WOMEN'S HOCKEY

BY JUSTIN KINGSLEY

It's Monday morning and women's hockey coach Les Lawton has two problems to deal with that other members of his profession would likely pay for.



Cammi Granato is wearing fashions supplied by Dalton

Problem one: during the season's inaugural team meeting for the Concordia Stingers women's hockey team held minutes ago, a fight broke out between the veterans and the rookies - an amicable egg-throwing fight - less a battle, more a mess. The yokes on Lawton though, because he'll probably get stuck cleaning up.

Problem two: No longer walking on eggshells, Lawton has an enigma to solve - what can he say about Stinger star centre Cammi Granato that hasn't already been published?

"That's a tough question," Lawton shoots back.

Fans already know that Granato is one of the world's top five women hockey players. They know about the time Gretzky sent her on a breakaway during a charity game and she was so excited she can't remember whether she scored a goal. They know about her NHL brother Tony, as well as Don and Rob, other Granato alma maters from the Wisconsin University Badger hockey program.

So what's left?

"Number one," Lawton said, "is her work ethic and respect for other players. She never puts herself ahead of the team."

Granato is not your usual hockey star. She is one of the foremost players in the world, yet she ends conversations with "nice talking to you" and doesn't shun fans and the like who want some of her personal time. In other words, she has a polite manner and enjoys donating her spare time to promote the game she fell in love with as a child in Downer's Grove, Ill. Is she a sports star in the '90s or a descendant of Hobey Baker's?

"Nothing's been given to Cammi Granato," Lawton said. "She's had to work for everything she has. Although she doesn't have to, she's always willing to give up her time."

Granato is starting her last year at Concordia and heading toward a graduate diploma in sports administration.

School started on Sept. 6, but Granato spent the weekend in a Los Angeles suburb, playing in a

three-on-three roller hockey tournament with Manon Rheume, the professional goaltender who labors in the Tampa Bay Lightning farm system. The duo form one of the most formidable marketing strategies for women's hockey and, as Lawton said, "are the greatest ambassadors of women's hockey."

Since joining Concordia in January 1994, Granato has led the Stingers in scoring. In 1994-'95 her totals were 35 goals and 28 assists for 63 points in 33 games. And last season, she was named team MVP and Concordia's Female Athlete of the Year.

On the ice she's been called poison inside the other team's blueline and scores from all angles. She has a powerful stride and shifts directions with ease. Then again, she probably learned how to skate before she could walk.

"I don't know what (life) would be like without hockey," Granato said. "I'm very focused on hockey. It was always around when I was growing up."

Now that her university career is nearing its end (she also played at Providence College on scholarship before coming to Montreal), Granato will likely spend most of her time after the season with the U.S. national team, with which she travelled to Finland this summer and won a silver medal at the last world championships in Lake Placid, N.Y.

Granato says she'd like to get into promotions and public relations and is considering a career in broadcasting. She also hasn't ruled out the possibility of playing professionally if a league should be created. There's a long way to go, though, before that happens.

"I wish people would give it (women's hockey) a chance," Granato said. "If people could see it as a different game (compared to the NHL), then maybe they'd accept it."

If they come out to see her and the Stingers play, they'll definitely see a sport other than NHL-style play, if you can call it that. They'll see one of the world's best players on one of the world's best teams playing one of the world's greatest games: Reel hockey - the stuff you put on reel so that generations to come can see how hockey was meant to be played.

WOMEN'S HOCKEY PROSPECTUS

Head coach: Les Lawton (13th season)

Assistant coaches: Julie Healy, Caroline Blanchet

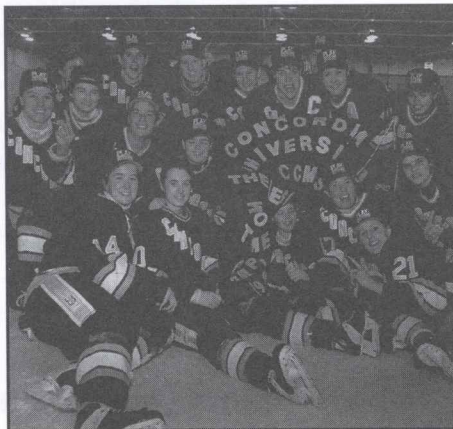
Key veterans: Cammi Granato, Michelle Johansson, Nancy Deschamps, Anne Rodrigue, Laurie Cartman, Lisa Jordan, Lesley Jordan, Kellie Rae Ryan

Newcomers: Liane Mayer, Jessika Audet, Delaney Collins, Corinne Surisky, M.C. Pelletier, Jackie Wood, Karen Kendall, Catherine Bertrand

Strengths: Speed, scoring touch, goaltending

Weaknesses: Youth in lineup has little experience at high level of competition

Record in 1994-'95: 29-5-3, undefeated against university competition



WOMEN'S HOCKEY SCHEDULE

Oct. 6-8	University of Guelph Tournament
Oct. 13	8:30 p.m. @ St. Laurent
Oct. 15	4:30 p.m. @ UQTR
Oct. 20	5:30 p.m. vs. McGill
Oct. 27-29	University of Toronto Tournament
Nov. 4	TBA @ Dartmouth College
Nov. 5	2 p.m. vs. St. Laurent
Nov. 12	12:30 p.m. vs. Northeastern
Nov. 24-26	Princeton Invitational Tournament
Dec. 1	7 p.m. vs. UQTR
Dec. 2	7:30 p.m. @ McGill
Jan. 13	7:30 p.m. @ McGill
Jan. 14	4:30 p.m. @ UQTR
Jan. 19-21	University of New Hampshire Tournament
Jan. 24	7 p.m. @ St. Laurent
Jan. 27	TBA vs. Providence (game to be played in Dorval)
Jan. 28	12:30 p.m. vs. Providence
Feb. 2-4	Concordia's Theresa Humes Invitational Women's Hockey Tournament
Feb. 9	5:30 p.m. vs. McGill
Feb. 16	6 p.m. vs. UQTR
Feb. 18	2 p.m. vs. St. Laurent
**	Playoff schedule to be announced



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LEIGH-JASON QUILLIAMS - GETTING DOWN WITH THE SKI TEAM

BY JUSTIN KINGSLEY

For Leigh Jason Quilliams, life has been a downhill battle.

And that's exactly the way this member of Concordia's competitive ski team wants it to be – especially since he's been going down faster than most.

At 21 years old and only in his second year at Concordia University, Quilliams is the reigning Quebec Student Sport Federation (QSSF) overall downhill champion.

Quilliams and his Stinger teammates had a strong finish to the 1995 season. Joining him on the medal podium last March was Martin Laperrière, also a rookie, who finished second. Their efforts helped the Stingers men's team finish in fifth place on the 10-team university ski circuit.

The women were led by newcomer Fiona Wilde and veteran

Cassandra Price. Wilde finished third at the championships, helping the Concordia women's team to a seventh-place finish.

Now, Quilliams has set his sights on improving last year's performance.

"I'm looking to defend my title and increase my GPA," Quilliams said.

Just like a Crazy Canuck, to throw Grade-Point Average into a sports story. Surprising, some may think, because Quilliams not only ranked first in the QSSF after his first season on the circuit, but he also spent time winning the cross-country championship in the Quebec Cup Expert Mountain Biking Circuit (he turns pro next season) while completing the first year of a degree in physics.

"I like the sports where I can win medals," Quilliams said, "not ping-pong."

Although he won't get to actually climb the podium when he receives his degree, Quilliams has made academics a priority in life as well. He wears the student-athlete label well, and it shows in the way he reaches toward the goals he set.

"He's very calculating," the ski team's head coach, Stephane Rivard said. "He figures everything out and doesn't waste any energy. He analyses every run."

"The way it works in skiing is that you either study or you race (competitively). Some of them, like Leigh Jason, decide to go to school."

In a sport in which about 40 per cent of slalom participants don't finish a race because they veer off-course, Quilliams is an exception in his approach.

"He doesn't go out there and ski on the edge," Rivard explained. "He's very trained, focused. It's a very good quality to have."

Skiing has been a priority in Quilliams's life for many years, but when he made the decision to attend university, he also chose, reluctantly, to all but give up any hopes to be in the national ski program.

Most of the 300 QSSF skiers find themselves in the same situation; it's a fact of life in this sport in Quebec and it probably helps avoid the sport-casualties that often occur when young athletes have dreams of stardom but end-up making sacrifices (like neglecting school) that hurt them in the future.

The program at Concordia, although geared to win, promotes other ideals as well.

The team receives little financial support from the university and takes care of administrative duties itself. Athletes and others involved with the team raise funds thanks to the annual ski sale, which takes place Nov. 15 to 19 and raises enough money to pay for some of the expenses. The students end up spending some of their own money as well, but it's a fact they've grown accustomed to.

There's a communal feeling in the club and many of the skiers end up becoming good friends, despite the fact that for 10 races every year they're competing against each other.

"It's a great place to meet people and make friends," Quilliams said.

It's also a great team to try for, if you're the get-down type.



SKIING PROSPECTUS

Head coach: Stephane Rivard (6th season)

Assistant coaches: TBA

Key veterans: Leigh Jason Quilliams, Fiona Wilde


Newcomers: France Viens

Strengths: Leadership from Quilliams and Wilde

Weaknesses: Young, inexperienced team

Record in 1994-'95: Men's team finished fifth, women's team finished seventh. Quilliams won gold medal, Laperrière won silver medal, Wilde won bronze medal. All three represented Canada at World University Games in Spain last February.





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VOLLEYBALL EXCHANGE - JAPANESE TEAM TO VISIT STINGERS

The biggest event in the seven-year history of the Concordia University women's volleyball program will take place this fall when the Stingers play host to a university team from Japan.

From Oct. 31 to Nov. 5, players, coaches and delegates from Tokyo Gakugei University will join forces with the Stingers. They will work out together, play two exhibition matches and take part in some typical exchange activities like sightseeing and shopping.

The driving force behind this unique event is Stingers head coach Melanie Sanford.

"I want the members of our team, coaching staff and members of the public to experience the passion and loyalty that Japanese players and coaches have toward the game of volleyball," Sanford said of her motivation for organizing such a huge undertaking.

The Japanese are considered among the world's volleyball elite. Their approach to the game and training methods will be something to behold for the members of the Concordia Stingers.

"They are relentless in their pursuit of volleyball," Sanford said. "They are relentless on the court. No ball will hit the floor without maximum effort every time. They don't put limits on what they do."

"From my experience, that attitude toward the game takes it to another level."

Sanford, who played for the national team from 1977 to 1982, has first-hand knowledge of the Japanese approach to volleyball. As a setter on the Canadian team she played against them several times.

"They beat us," Sanford said. "They are always very strong. They are always ranked in the top 10 in the world. Canada's in the top 15, but there's a big difference."

Sanford decided she wanted to know more of the Japanese

approach to the game.

"I went over to Japan after I finished with the national team," she said. "I went to experience volleyball in a different way. I wanted to expand my experience. I wanted to become a better player and I did. My awareness for the game really changed after my time there."

First, Sanford paid an "informal visit" to Japan. She spent two months learning about volleyball - with professional teams like Fuji Film, Hitachi and NEC - and the Japanese culture.

"In August of 1982 I went back for eight months," she said. "I was invited to play for NEC, which is a professional volleyball team in Japan."

Since she got so much out of her Japanese experience, Sanford couldn't pass up the opportunity to set up a similar, although much

brief, opportunity for the members of the Stingers.

"I was very excited when I first entertained the idea because I wanted to create something that would be unique for my team, draw attention to our program and help with professional development," Sanford said.

"Our players are really looking forward to this and have been eager to participate in every aspect of the exchange."

All the Stingers are counting the days to Oct. 31 when the Japanese delegation arrives. They even have a Japanese-English tape, which they hope will help them communicate with their visitors.

"For them to come here and experience our culture is great," said fifth-year veteran Cassandra Bardo. "I'm sure we're just as excited as they are. We're thrilled to have them with us."



VOLLEYBALL PROSPECTUS

Head coach: Melanie Sanford (7th season)

Assistant coaches: Townson Lee, Mike Squarek

Key veterans: Cassandra Bardo, Chantal Jung, Pat Bondu

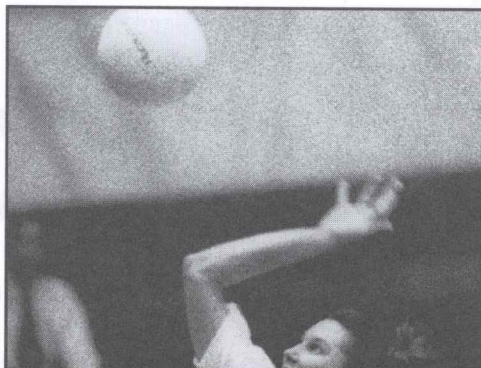
Newcomers: Sylvie Lacombe, Donna Roxburgh, Isabel Galiana, Cindy Hoy, Susanne Timm

Strengths: Returning vet Cassandra Bardo and basic core of team in addition to several newcomers who will add depth in terms of leadership and court performance

Weaknesses: Relatively young team

Record in 1994-'95: 0-12 in QSSF

Playoffs in 1994-'95: Did not make playoffs



VOLLEYBALL SCHEDULE

Sept. 29-Oct. 1	Concordia Classic Tournament
Oct. 21-22	McGill Invitational Tournament
Oct. 25	7 p.m. vs. Université de Montréal
Oct. 27-29	Queen's Tournament
Nov. 1	7 p.m. vs. Tokyo Gakugei (non-conf.)
Nov. 3	6:30 p.m. vs. Tokyo Gakugei (non-conf.)
Nov. 8	7:15 p.m. @ Université de Montréal
Nov. 17	7 p.m. vs. Sherbrooke
Nov. 18	2 p.m. vs. Sherbrooke
Nov. 24-26	Sherbrooke Tournament
Nov. 29	7 p.m. vs. McGill
Dec. 2	7 p.m. vs. Laval
Dec. 3	1 p.m. vs. Laval
Jan. 5-7	New Year Tournament
Jan. 14	2 p.m. @ McGill
Jan. 19	7 p.m. @ Laval
Jan. 20	1 p.m. @ Laval
Jan. 31	7:15 p.m. @ Université de Montréal
Feb. 2	7 p.m. @ McGill
Feb. 4	2 p.m. vs. McGill
Feb. 7	7 p.m. vs. Université de Montréal
Feb. 9	7 p.m. @ Sherbrooke
Feb. 10	2 p.m. @ Sherbrooke
Feb. 18	QSSF semifinals
Feb. 23-25	QSSF championship
Feb. 29-March 2	CIAU Nationals in Toronto

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KEITH PRUDEN - LAYING DOWN THE FOUNDATIONS FOR GREATNESS

From the time he was an infant in 1967 and the family hosted a barbecue with the Argentinean basketball team in attendance right through to the present, Concordia women's head coach Keith Pruden's association with basketball has been well-documented.

There are pictures from the summer of '67 with baby Keith and the seven-foot athletes, who were in Winnipeg for the Pan-American Games, and more recently there has been North American-wide

press recording the accomplishments of the University of Winnipeg Wesmen and their run at a North American college record for consecutive wins. Pruden, 28, was an assistant coach with the Wesmen women's basketball team from 1989 to the spring of 1995. The team tied the college record with 88 consecutive wins in the fall of 1994. The UCLA men's basketball team set the record in the early '70s.

There have been countless other involvements and successes over the years leading up to Pruden taking over the women's basketball program at Concordia University last July, all of which are part of his rich basketball background. When you get an early start and have a great role model like Vic Pruden, basketball and success are bound to be part of your history.

"Basketball was an integral part of my father's life, so basketball has been an integral part of my life from day one. It was unavoidable," Pruden explained of growing up with Vic Pruden who coached basketball at the university and national levels.

"Most of my childhood memories are associated with basketball. From the time I was five or six years old, I remember going to his practices and on road trips. It was lots of fun being a little kid around a sports team and getting to travel to great places like Brandon."

With a basketball-saturated upbringing, you'd think Pruden would race head-long into coaching, but he ended up on the bench as more of a fluke than anything else.

"I was in Grade 10 and part

of my high school program included community work," he said. "I couldn't think of anything to do, so I decided to coach basketball. I coached junior high school kids who were just a couple of years younger than me.

"That's when I discovered I loved basketball. I stayed involved and kept moving up."

There are two aspects of the game that keep Pruden's devotion for basketball at such a high level.

"I love competition," he admitted, "and I love seeing that expression on a player's face when she gets something, when it clicks. I love teaching."

Pruden actually considered becoming a history professor or a writer and was attracted to international politics for a while, "but basketball is fun," he said. "I won't give up basketball until it stops being fun."

After six years of being an assistant, Pruden now has all the fun of running his own university program.

"Concordia has a lot of potential," he said. "I get the sense from everyone around here that they have big time aspirations for the women's basketball team, which is great. I want my team to be the best women's basketball program in the country. I want Concordia to be the place where everyone wishes they could come and play."

The first step in that direction involves attitude.

"I've got to convince the players that they are part of the best team in the country," Pruden said. "There's a lot of untapped potential on this team. I have to convince them that there's no limit to how good they can become. The rest is just details."



WOMEN'S BASKETBALL PROSPECTUS

Head coach: Keith Pruden (1st season)

Assistant coaches: Robert Ferguson

Key veterans: Isabelle Bernier, Patricia Demers

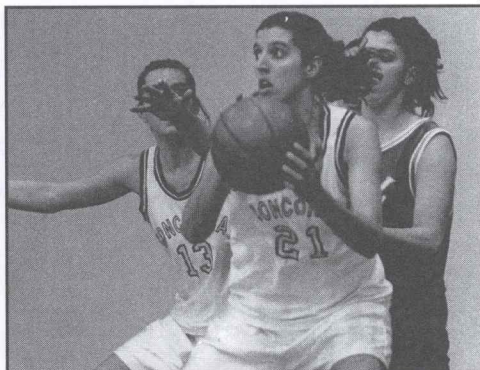
Newcomers: Joanne Fasone, Monica Nolet

Strengths: Nine returnees from last year's team, good depth and athletic ability.

Weaknesses: Relative inexperience on the perimeter

Record in 1994-'95: 6-6 in QSSF

Playoffs in 1994-'95: Lost in QSSF semifinal to Laval.



WOMEN'S BASKETBALL SCHEDULE

Oct. 20-22	Ryerson Rams Classic Tournament
Oct. 27-29	Laurentian Tournament
Nov. 3-5	McGill Tournament
Nov. 10-12	Concordia Saxon Classic Tournament
Nov. 24	6 p.m. vs. Laval
Nov. 25	1 p.m. @ Bishop's
Dec. 2	6 p.m. @ McGill
Dec. 28-30	Waterloo Tournament
Jan. 12	6 p.m. vs. Bishop's
Jan. 14	1 p.m. @ Laval
Jan. 19	6 p.m. vs. McGill
Jan. 26	6 p.m. vs. Laval
Jan. 27	6 p.m. @ Bishop's
Feb. 9	6 p.m. @ McGill
Feb. 16	6 p.m. vs. Bishop's
Feb. 18	1 p.m. @ Laval
Feb. 23	6 p.m. vs. McGill
Feb. 28	First round of playoffs
March 2	QSSF championship
March 8-10	CIAU Nationals in Quebec City

Good Luck!

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Official Carrier of the Stingers

NEW BEGINNINGS FOR STINGER SOCCER TEAMS

BY JUSTIN KINGSLEY

Men's soccer coach Vladimir Pavlicik had only one instruction for goalkeeper Ron Eliakim in training camp this season: "I told him not to get injured," Pavlicik said. "It's not an option."

With the men's varsity soccer team coming off one of its worst seasons in history – it was the first time that Concordia didn't qualify for the playoffs – Pavlicik has reason to bark seemingly preposterous orders at players such as Eliakim. (Pavlicik was on sabbatical last season.)

The 20-year-old keeper is one of only three veterans from last year's eleven to make the team this season (the others were cut or didn't try out), and the only returning starter, other than Eliakim, is team captain Tony D'Addario.

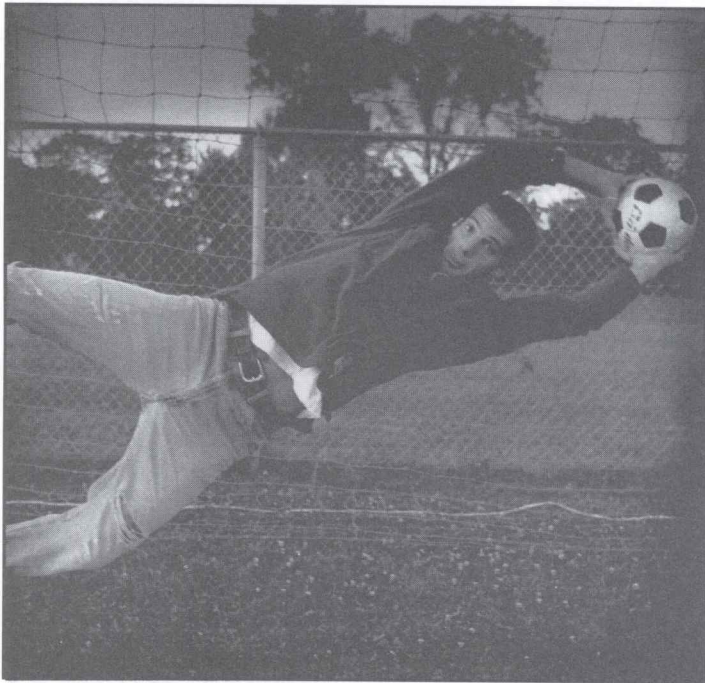
And there's more.

Eliakim can't afford to be injured because he's the only keeper. The last man back on defence is the only man on the team without a backup.

But if Eliakim can maintain his good health – he says he's seldom missed action due to injuries – Pavlicik believes the Stingers will do well in the Quebec Student Sport Federation (QSSF) league. As a matter of fact, he guarantees the team will make the playoffs this year.

"We don't have the Grant Needhams or the Mauro Biellos (former Stingers now with the Montreal Impact in the professional ranks)," Pavlicik said, "but we have a good crop of above-average college players."

"In soccer, people often overestimate the value of a single player," he added, "and underestimate the value of a team."



Anyone looking to figure out the Concordia strategy has to look no further than Pavlicik's own word: Team.

The Stingers aren't practising English long-ball style or the Italian build-up and score-the-perfect-goal schemes. When the ball is in the defensive end every player but the striker, the lone true forward, comes back to support.

On offence, armed with the knowledge that Eliakim is there to save the day, defenders can push up and look to score.

"It's up to the team to create a scoring opportunity," Pavlicik said, "and it's up to the players to convert. That means our players can force a play," he added, "and (Eliakim) is back there, solid."

Said Eliakim, "I like them (defenders) to know they can have confidence in me. I like being on the edge."

Eliakim is adding to the tradition of solid goalkeeping at Concordia. It started with George Bselis in the '70s, then came Alex Polidoro and Genaro Angelilo.

According to Pavlicik, Eliakim is the backbone of the Stingers now, in only his second season.

"If the ball goes up in the air, I know he'll get it," Pavlicik said. "His advantage is that he has good spatial orientation. He has excellent depth perception."

"I play for the guys in front of me," Eliakim said. And he rarely allows anybody or anything behind.

Sylvia Franz, head coach of the Concordia women's soccer team, finds herself starting in a similar situation to Pavlicik. Most of her veterans have moved on and a new, young crop of players have stepped up to take their places.

"I'm happy," Franz said. "There's a lot to work with."

Out of the 20 women with the team, there are only two returning players, Meagan McCaffrey and Megan Roberts.

One of the rookies Franz and assistant coach Philippe Ciarlo are looking forward to working with is 21-year-old goalkeeper Christine Richlich.

"If she's willing to work hard, she'll do a very good job," Franz said.

Keep an eye on Tania Morsani, a graduate of the John Abbott College and Lakeshore soccer programs, and Michelle Johansson, who is also an elite hockey player at Concordia. Both have earned high praise from Franz.

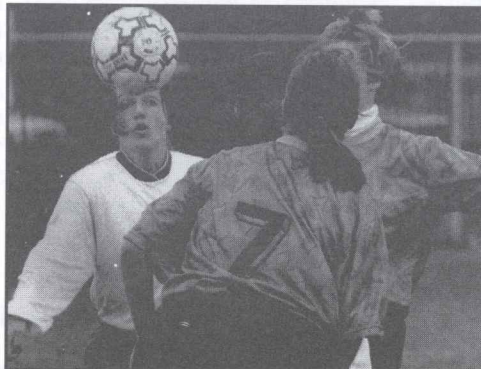
The Stingers will be very different from the 1994 squad which finished in fourth place and was eliminated in the semifinals.

"This team is technically weaker," Franz said. "But overall they have a lot more potential to develop. The players are young. They have lots to learn and the capacity to learn it."

Watch for a strong second half from the Stingers as Franz's teaching starts to pay dividends.

MEN'S SOCCER SCHEDULE

Sept. 16	2 p.m.	@ UQAM
Sept. 17	2 p.m.	vs. McGill
Sept. 23	2 p.m.	@ Sherbrooke
Sept. 24	2 p.m.	vs. UQTR
Oct. 1	2 p.m.	vs. Bishop's
Oct. 6	9 p.m.	@ McGill
Oct. 8	2 p.m.	vs. UQAM
Oct. 14	2 p.m.	@ UQTR
Oct. 15	3 p.m.	vs. Sherbrooke
Oct. 21	noon	@ Bishop's
Oct. 27-29		QSSF semifinals
Nov. 4 or 5		QSSF championship
Nov. 9-12		CIAU championships in Trois Rivières



WOMEN'S SOCCER SCHEDULE

Sept. 16	noon	@ UQAM
Sept. 17	noon	vs. McGill
Sept. 23	noon	@ Sherbrooke
Sept. 24	noon	vs. UQTR
Sept. 30	2 p.m.	@ Laval
Oct. 1	noon	vs. Bishop's
Oct. 6	7 p.m.	@ McGill
Oct. 8	noon	vs. UQAM
Oct. 14	noon	@ UQTR
Oct. 15	1 p.m.	vs. Sherbrooke
Oct. 21	2 p.m.	@ Bishop's
Oct. 27-29		QSSF semifinals
Nov. 5		QSSF championship
Nov. 9-12		CIAU championships in Ottawa

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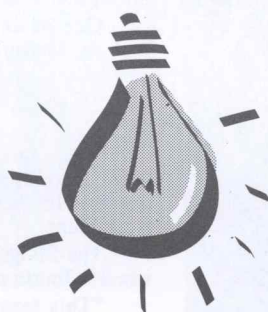
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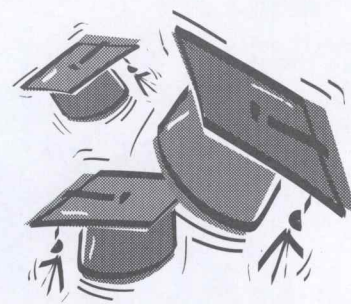
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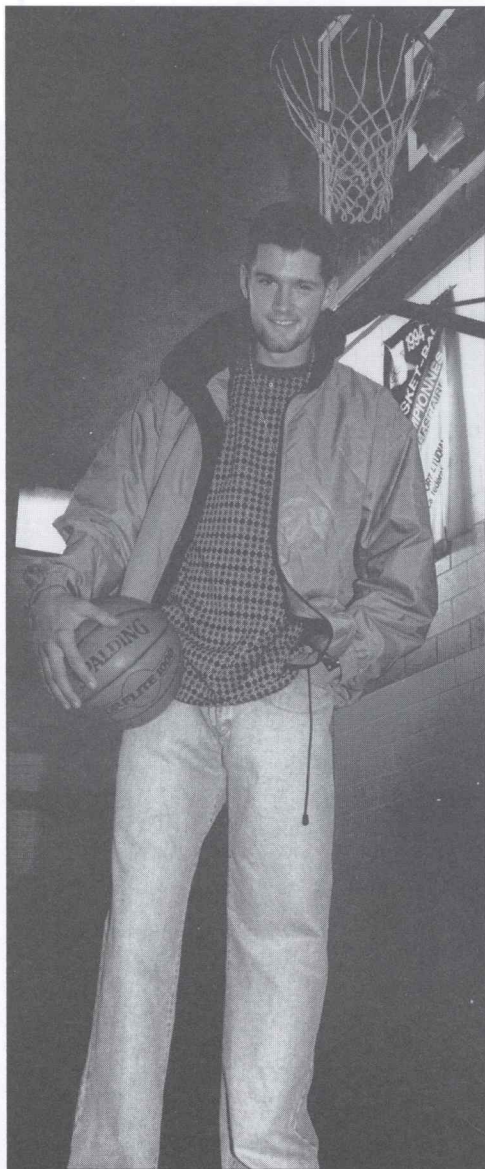
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J. P. REIMER - REACHING NEW HEIGHTS WITH THE STINGERS

When basketball star J. P. Reimer first enrolled at Concordia University in 1992, he was known as Bill Reimer's kid. Since professor Reimer has been teaching sociology at Concordia since 1972 and J. P.'s been literally hanging around his office for 23 years, it's easy to understand why people think of him as "Bill's kid."



J.P. Reimer is wearing fashions supplied by Dalton

"I've been around Concordia a long time," said J.P. "When I was pretty young - before I was walking - my father would bring me to work. He'd pull out a drawer in his file cabinet, put down a blanket and that's where I would sleep.

"He wouldn't close the drawer though," added J.P.

How things have changed in the last 22 or 23 years. For one thing, at six-foot-six and 225 pounds, J.P. has outgrown the file cabinet. And J.P. is not really known as "Bill's kid" anymore.

"Now my dad is known as 'J.P. Reimer's father' instead of the other way around," J.P. said. "That's cool. They've finally got it right."

The university really is home to the entire Reimer clan. Mom, Frances Shaver, is also a sociology professor, and sister Daegan works in the university administration. But last year, his third with the Stingers, J.P. really emerged from out under the family shadow with an exceptional year on the basketball court as a team captain and starting forward.

"J.P., through his leadership, work ethic and attitude, had a most successful season," said Stingers head coach John Dore. "In his four years with us, he's developed as a real leader and we're counting on him again this season."

Just check out this list of accomplishments. As a member of the Stingers, J.P. has won three Quebec Student Sports Federation (QSSF) championships and has been to three national championship Final Eight tournaments. Last March in Halifax, he helped lead the Stingers to a second-place finish at the nationals. Concordia entered the tournament ranked No. 7. He was even named the Most Valuable Player in the Stingers semifinal game versus the Toronto Varsity Blues.

"In the semifinal, that was the most pressure I've ever felt," J.P. admitted. "It was really big for me. But now I want the pressure. It was awesome. I want it again, and this time, I'll be even bettered prepared."

J.P. was named to the all-star team at the

nationals. He was also a second-team QSSF all-star and named to the elite squads at two tournaments - in Ottawa and at the Golden Ball Tournament in New Brunswick.

In addition, J.P. received some honors from the Concordia community. He was given a C Award for three years of dedication to his team and a Merit Award, which is presented to Stingers who combine their athletic prowess with leadership and sportsmanship, at the Concordia Department of Recreation and Athletics annual banquet last March. He was also honored with a Concordia Council on Student Life Merit Award for contributions to university life last April.

With all his recent success, it might be tempting to get a little arrogant or self-centred, but it's just not in J.P.'s character. He's a well-rounded person, who has had all the advantages that come along with a good home and strong family ties.

"I definitely had a good upbringing," he said. "My parents taught me to respect things like education and not to take things for granted. They also taught me good values."

His upbringing and Concordia experiences have led J.P. to another path. He wants to be a high school teacher. He would like to teach history - that is his major at Concordia - and maybe drama. Right now, J.P. is a volunteer tutor with Youth in Motion in Little Burgundy. He assists inner-city teens with their high school curriculum.

"It's all about the kids," J.P. said. "I'm hoping that maybe I can make a difference, even if it's in just one person's life."

"Kids are awesome. There's so much you can learn from them. Even this year, I picked up two things from them that will help me with basketball. Not to take away from my coaches, it's just two little things that I'll be adding to my game."

Now that J.P. has added a couple of improvements to his game, the upcoming basketball season is bound to be even better for the physical forward. So that means another year of being called "J.P.'s father" for Bill Reimer. Somehow, we don't think he'll mind.

MEN'S BASKETBALL PROSPECTUS

Head coach: John Dore (7th season)

Assistant coaches: Harvey Liverman, Ernie Rosa

Key veterans: J.P. Reimer, Gaetan Prosper, Fred Arseneault, Justin Padvaikas, Maxime Bouchard, Scott Mawhinney, Ezra Franklyn, Dan Furlong, Johnny Yotis

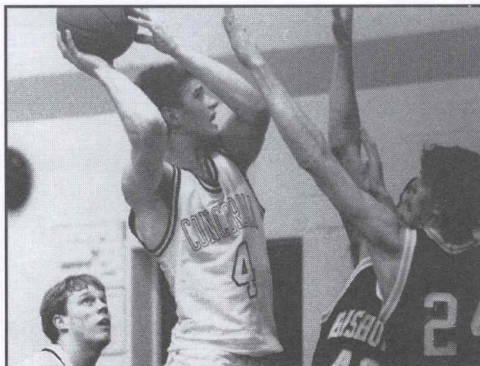
Newcomers: Eric Bouris, Jay Prosper

Strengths: Experience, athletic ability

Weaknesses: Having to replace second team All-Canadian Emerson Thomas at guard

Record in 1994-'95: 11-1 in QSSF

Playoffs in 1994-'95: Won league in two games straight and went 2-1 at the nationals, finishing No. 2 in the CIAU



MEN'S BASKETBALL SCHEDULE

Oct. 20-22	University of Manitoba Tournament
Oct. 27-28	Concordia Nike Centennial Tournament
Nov. 3-4	St. Francis Xavier Invitational Tournament
Nov. 10-11	McMaster Tournament
Nov. 14	7 p.m. University of Albany (non-conf.)
Nov. 17-18	Johnson C. Smith Tournament in Charlotte, N.C.
Nov. 24	8 p.m. vs. Laval
Nov. 25	3 p.m. @ Bishop's
Dec. 2	8 p.m. @ McGill
Jan. 5-7	Dalhousie Tournament
Jan. 12	8 p.m. vs. Bishop's
Jan. 14	3 p.m. @ Laval
Jan. 19	8 p.m. vs. McGill
Jan. 26	8 p.m. vs. Laval
Jan. 27	8 p.m. @ Bishop's
Feb. 9	8 p.m. @ McGill
Feb. 16	8 p.m. vs. Bishop's
Feb. 18	3 p.m. @ Laval
Feb. 23	8 p.m. vs. McGill
Feb. 29	First round of playoffs
March 3-8	QSSF championship
March 15-17	CIAU Nationals in Halifax

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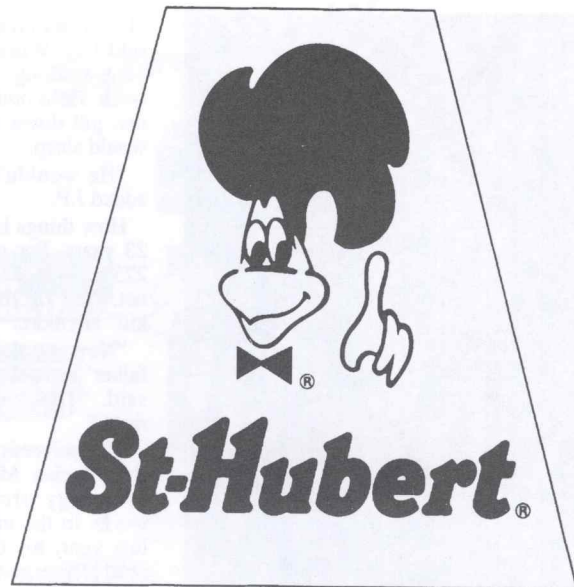
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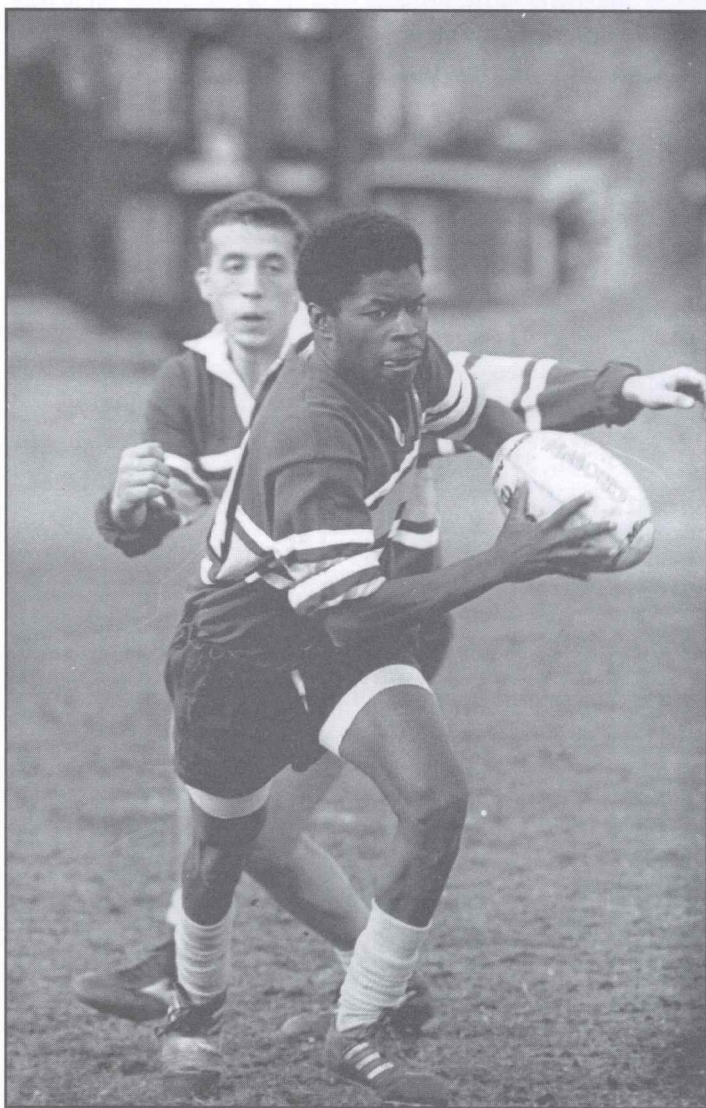
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RUGBY - WILL TRADITION HOLD TRUE?

For rugby followers, it used to be easy to predict how the Concordia Stingers women's and men's teams would finish each season.

Even if you weren't an expert in the field, you knew the women's team would steamroll over its competition and it was pretty safe to predict the Stingers would win the Quebec Student Sports Federation (QSSF) championship.



The women have put together a few back-to-back championship seasons. In fact, last season's crown was their fourth straight QSSF title. And heading into this season, they have an amazing 34-game undefeated streak to their credit.

However, even with that impressive history to consider, there's no consensus on how the 1995 Concordia Stingers women's rugby campaign is going to turn out.

What is known is that this is a transitional year for the women's team. Head coach Tom Ingerman and assistant coach Chris Regimbal, who were with the team throughout its championship years, have left the Stingers. Although, you are quite likely to find them cheering on the team from the stands come game day, both now have commitments that make coaching the Stingers impossible.

The new era begins with Jeff Page at the helm of the Concordia women's rugby team. Page, who comes to the Stingers from the Brome Lake Ducks, is very aware of the Stingers' winning tradition.

"There are two different feelings that come to mind," he said. "There's pressure to keep up the record, but I also feel this team will be a lot easier to coach. The people here have been together a long time and know each other well."

There's a core of returning veterans like Dia Hurtubise, Kim Poirier, Lara Falquero and Margaret Thompson, but there's also a lot of rookies.

Page, who has been involved with rugby as a player and a coach since 1989, is optimistic.

"I'd like to see us go far in the playoffs," he said. "We definitely want to peak at the end."

It's too soon to tell, but the women's team may not be rebuilding. Perhaps the Stingers are just reloading.

Most years, it didn't take a crystal ball to figure out what would happen with the men's team. Traditionally, they show a lot of spirit and not much punch, and it would be safe to say the team would finish near the bottom of the pack.

If that was your prediction this season, you could end up with egg on your face. Head coach José Louis Aguirre took over the team in 1994 and in his first year, the Stingers finished in third place, then lost in the QSSF semifinal. It was a good finish for a young team.

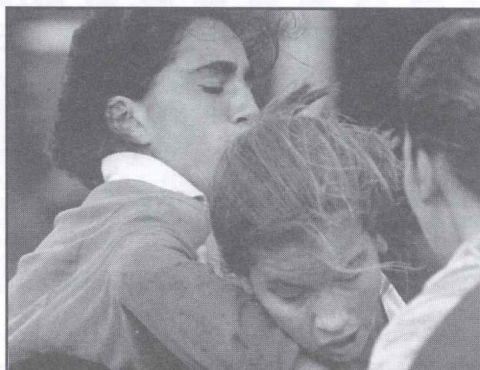
Aguirre is back with assistant coach Clive Gibson and a good number of veterans, including Derek Della Rocca, Jason Della Rocca, Ben Page, Paul Van Wick, Alfredo De Martino, Jen Lew and Sam Goldie.

Although Aguirre says a lack of "warriors" has hurt the team, that could change this year with three football players joining the troops this season. Van Malkassian, Frank Lepanto and Andray Wellington, all aggressive players who were linebackers and defensive linemen in their grid careers, are in camp.

So with some stability, the same old spirit and some warrior-types taking an interest in the Stingers, there's no telling how far the 1995 men's rugby team can go.

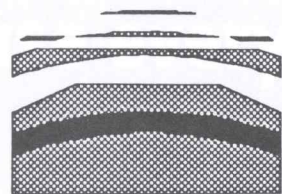
WOMEN'S RUGBY SCHEDULE

Sept. 17	3 p.m.	vs. Carleton
Sept. 20	8 p.m.	vs. McGill
Oct. 1	1 p.m.	@ Ottawa
Oct. 6	2 p.m.	vs. Bishop's
Oct. 15	1 p.m.	@ Bishop's
Oct. 17	3 p.m.	vs. Carleton
Oct. 19	6:30 p.m.	vs. Macdonald College (at Mac)
Oct. 25	8 p.m.	vs. McGill
Oct. 29		QSSF semifinals
Nov. 5		QSSF championship (at Mac)



MEN'S RUGBY SCHEDULE

Sept. 17	1 p.m.	@ UQTR
Oct. 1	1 p.m.	@ Sherbrooke
Oct. 4	8 p.m.	vs. McGill
Oct. 6	4 p.m.	vs. Bishop's
Oct. 15	3 p.m.	@ Bishop's
Oct. 17	8 p.m.	vs. UQTR
Oct. 18	8 p.m.	vs. McGill
Oct. 19	8 p.m.	vs. Macdonald College (at Mac)
Oct. 29		QSSF semifinals
Nov. 5		QSSF championship (at Mac)



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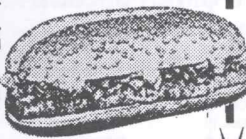


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DIMITRIOS MANOLOPOULOS - GETTING HIS KICKS WITH THE STINGERS

It's an age-old story. A bunch of kids are standing around a football field on the first day of tryouts and the head coach says everyone throw the ball and everyone kick the ball. The boy who throws farthest becomes the quarterback and the kid who kicks the ball nearest to the uprights gets to be the kicker.

That, in a nutshell, is the way Concordia Stingers all-star kicker/punter Dimitrios (Gazoo) Manolopoulos started his football career.

"I was 15 years old and a friend of mine from Rosemount High School convinced me to try football," Manolopoulos, an Anjou native, said of his introduction to the sport and the Sun Youth bantam Hornets. "I went just so I could be with my buddy.

"I remember the head coach Bob Mironowicz saying, 'Anyone who thinks they can kick, give it a shot.' I remember (coach) Jim Stitchman



Dimitrios Manolopoulos is wearing fashions supplied by Dalton

holding the ball for me. I kicked the ball farther than the midget kicker."

After three years of playing guard, tight end, defensive line and third-string quarterback – all in addition to kicking – it was time to leave Sun Youth. Manolopoulos headed to Vanier College and the Cheetahs football program.

"At CEGEP I played one game at guard," Manolopoulos said, "then the coach told me it might be better if I just kicked."

At the end of his midget playing days with head coach Earl de la Peralle and heading into CEGEP, Manolopoulos found that football had become very important in his life.

"I started to really like football," he said. "I liked it because it was very competitive and I realized that for whatever hard work you put into football, you got something out of it."

That appreciation of hard work is what has made Manolopoulos a success at the university level.

"He's done a great job to develop himself as an athlete," said Concordia head coach Pat Sheahan. "His work ethic has been equal to any other player. He's probably the best in the conference."

When he arrived at Concordia five years ago, Manolopoulos, 24, was a respectable kicker. In his second season with the Stingers, he was named the Ontario-Quebec Intercollegiate Football Conference (O-QIFC) all-star kicker. Punting, however, was a whole other story.

"He was not a punter when he arrived here," Sheahan said. "He worked very hard to develop his craft under the watchful eyes of coach (Gerry) McGrath. He worked hard to become the best punter in the O-QIFC."

Last season, he was named the conference's all-star punter.

McGrath, who spent six seasons kicking in the CFL, says Manolopoulos had the basics down when the two first started working together.

"He just needed some refining," McGrath said of his star pupil. "Mostly I helped him with his mental game and how to prepare and focus."

Manolopoulos has obviously been paying attention.

"I don't feel the pressure," he said. "Kicking is just something I like to do. I work hard enough not to feel pressure."

One thing that makes it easier to go out and kick is his faith in a couple of his teammates.

"It's not just me kicking," Manolopoulos said. "It's a whole unit. It's Johnny Petrella snapping, André Bolduc holding and I just swing my leg."

Coach Sheahan thinks Manolopoulos is going to swing his leg very successfully this season.

"Since last year he was the all-star punter, I think a realistic goal would be for him to be the leading punter/kicker in the nation," Sheahan said.

FOOTBALL PROSPECTUS

Head coach: Pat Sheahan (7th season)

Assistant coaches: Gerry McGrath, Peter Chrysomalis, Peter Regimbald, Grant Allan, Bryan Carroll, Paul Chesser, Art Farinha, Pat Gregory, Dan McKinnon, Luc Pelland, Bryan Vajda

Key veterans: André Bolduc, Dimitrios Manolopoulos, Kevin Norris, Johnny Petrella, Marco Ciamarro, Danny Lavallee, Mike Simoncic, Angelo Filosa

Newcomers: Evan Davis Jr., Scott Ashworth, Mark De Grandpre, Jason Casey, Lenroy Henry, Dwayne Bromfield, Hugo Carriere, Sylvain Girard

Strengths: Great experience at key positions, front seven on defence, passing attack

Weaknesses: No apparent weakness

Record in 1994-'95: 4-3 in O-QIFC

Playoffs in 1994-'95: Lost 21-17 to McGill in O-QIFC semifinal.

FOOTBALL SCHEDULE

Sept. 2	1 p.m.	vs. St. Lawrence
Sept. 9	1 p.m.	@ Queen's
Sept. 16	1 p.m.	@ Bishop's
Sept. 23	1:30 p.m.	@ McGill
Sept. 30	1 p.m.	vs. Ottawa
Oct. 7	1 p.m.	vs. Carleton
Oct. 14	1 p.m.	vs. Bishop's (Homecoming)
Oct. 21	1 p.m.	vs. McGill (Shrine Bowl)
Oct. 28	1 p.m.	@ Ottawa
Nov. 4	1 p.m.	O-QIFC semifinal
Nov. 11	1 p.m.	O-QIFC championship (Dunsmore Cup)
Nov. 18		O-QIFC @ CWUAA (Churchill Bowl)
Nov. 25	2:30 p.m.	Vanier Cup at SkyDome



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MEN'S WRESTLING - CONCORDIA'S MYSTERY TEAM

BY JUSTIN KINGSLEY

The most successful sports program at Concordia University is also its most obscure.

Few members of the Concordia community are aware the wrestling team has won six national team championships at the Canadian Interuniversity Athletic Union (CIAU) level since the program's inaugural year in 1977 - the last national championship coming in 1990.

At the centre of the mystique that follows this team is head coach Victor Zilberman. He has been at the helm since the very beginning, 18 years, yet remains an unknown face to most Concordia students. Team members, upon graduation usually become assistant or part-time coaches and nary an outsider has held an important position within the team in the past 15 years.

The majority of Concordia's wrestlers are members of the Montreal Wrestling Club, also run by Zilberman. The athletes practise there and have been with the group for the better part of their careers.

"It's just not the same thing as other varsity sports," West Island and Concordia wrestler

Jason Della Rocca said. "It's not a sport you'd want to come to as a rookie in university. You'd probably have your face smashed to the ground in five seconds."

Only once a year, during October, does the team host an event. The Concordia Invitational Wrestling Tournament, held every year on the last weekend in October, attracts teams from all over Canada.

Aside from the Concordia Invitational, the team participates in a dozen other tournaments from October until February and travels all over eastern Canada. Most wrestlers are also affiliated with regional teams and usually compete in nation-wide and international events.

Few realize that Concordia wrestling alumni have won gold medals at both the Commonwealth and Pan-American Games.

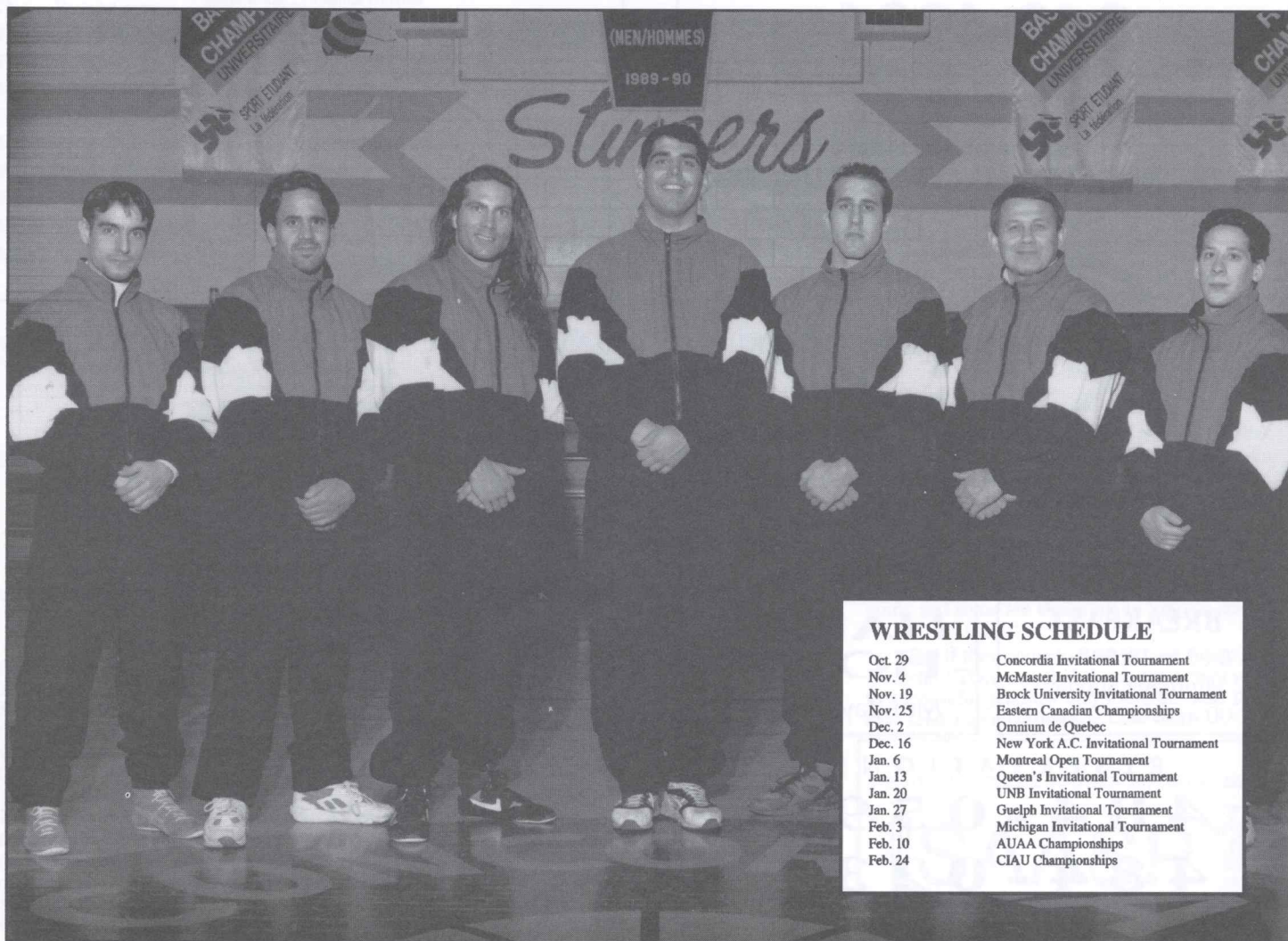
The wrestling team's community profile is assuredly better than it is at home. More than 10 high schools, CEGEPs and wrestling clubs have been affiliated with the team thanks to

clinics organized by Concordia coaches or team personnel.

Wrestlers to look out for nowadays are: David Wilson, who finished fourth in the heavyweight division at the national championships held in Calgary last February, and Della Rocca, who finished fifth at the CIAUs in the 82-kilogram division. Other members of the team include Serge Gattola, Mark Shalinski and newcomer Patrick Theriault.

Perhaps the best known of the bunch is Della Rocca, 21, who not only excels on the mats but also on the rugby field and in the classroom. The third-year accounting student was named Quebec's outstanding male student-athlete and fêted with nine other elite varsity athletes at a gala banquet in Toronto in October of 1994. The event was televised by TSN.

Della Rocca, a third-year accounting student from Pierrefonds, had a 4.21 grade-point average in the 1994-'95 school year and has earned Academic All-Canadian status again.



WRESTLING SCHEDULE

Oct. 29	Concordia Invitational Tournament
Nov. 4	McMaster Invitational Tournament
Nov. 19	Brock University Invitational Tournament
Nov. 25	Eastern Canadian Championships
Dec. 2	Omnium de Quebec
Dec. 16	New York A.C. Invitational Tournament
Jan. 6	Montreal Open Tournament
Jan. 13	Queen's Invitational Tournament
Jan. 20	UNB Invitational Tournament
Jan. 27	Guelph Invitational Tournament
Feb. 3	Michigan Invitational Tournament
Feb. 10	AUAA Championships
Feb. 24	CIAU Championships

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Ron Lapointe Award – Luc Pelland - Football
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Male Rookie of the Year – Christian Dutil - Hockey
Female Athlete of the Year – Cammi Granato - Hockey
Male Athlete of the Year – Emerson Thomas - Basketball
Fittest Female Athlete – Karyn Bye - Hockey
Fittest Male Athlete – Mark Montreuil - Football
Female Academic Athlete of the Year - Tanya Van Blokland - Soccer
Male Academic Athlete of the Year - Jason Della Rocca - Rugby/Wrestling

MERIT AWARDS

Cassandra Bardo - Volleyball
Martine Bérubé - Hockey
Martin Laperrière - Skiing
Daniel Picard - Hockey
Gaetan Prosper - Basketball
Leigh Jason Quilliams - Skiing
Jean Pierre Reimer - Basketball
Sharon Sandy - Basketball

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Men's Rugby - Chris Papadopoulos
Women's Rugby - Sheila Turner
Skiing - Martin Laperrière & Cassandra Price
Men's Soccer - Tony D'Addario
Women's Soccer - Astrid Mel
Track & Field - Leslie Heller & Elfrida Taylor
Volleyball - Nathalie Müller
Wrestling - David Wilson

STUDENT-ATHLETE ACADEMIC SUPPORT PROGRAM

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I lost my letter of acceptance. Where can I get another one?

This is just a sampling of the questions that have come Anna Johansson's way recently. Johansson co-ordinates Concordia University's Student-Athlete Academic Support Program (SAASP), which includes a drop-in centre where student-athletes can come on a regular basis or as needed to work on assignments. There is also a small reference library and Johansson is available to assist in locating tutors, accessing other university services and to discuss academic concerns and strategies. Of course, Johansson is also available to explain simple things like C.A.R.L. stands for Concordia Automated Response Line and it is

the university's computerized registration system.

Most of these odd questions come from first-year student-athletes, which is why SAASP, now in its fourth year, is focusing much more of its resources on the newcomers this year.

"All the research has determined that the first term is the one that determines whether a student is going to make it," Johansson said. "This year, we will provide them with more orientation, information and supervision."

Counselling and Development will join the SAASP team this year. They will organize time management, stress management and study skills workshops.

"We are trying to encourage the student-athletes to develop attitudes that foster academic success," Johansson said. "We want to encourage them to be self-directed, pro-active and to network among themselves."

It's the newcomers and the out-of-towners who have the biggest adjustments to make.

When starting an education at a large English university like Concordia in a big city like Montreal the challenges and changes are enormous, especially if you are coming from Alma, Almonte or Ajax.

"It's not easy to leave home and have to look after yourself for the first time," Johansson said. "Some students are miles away from home and some are attending an English school for the first time."

But if they come to SAASP and Johansson for help, "They can find the support they need to successfully adjust and integrate into their new academic environment," she said.

THE STUDENT-ATHLETE ACADEMIC SUPPORT PROGRAM

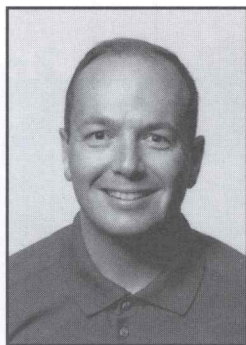


"HELPING STUDENT-ATHLETES HELP THEMSELVES"

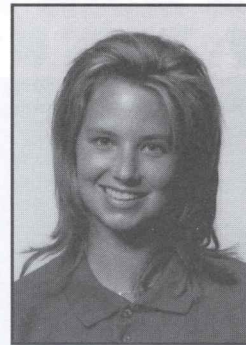
CONCORDIA STINGERS ATHLETIC THERAPISTS



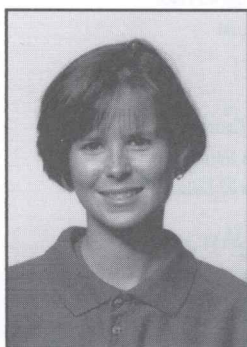
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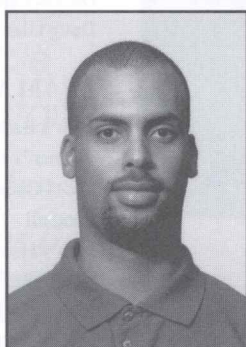
SCOTT LIVINGSTON
Strength & Conditioning
Coach/Athletic Therapist



COLLEEN JORGENSEN
Assistant Therapist



SANDY ANDERSON
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GAVIN BROOMES
Men's Rugby



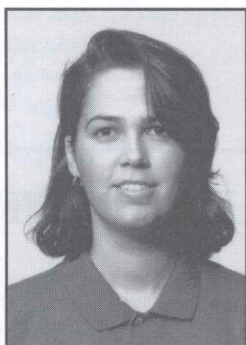
VICKY COLLETTE
Women's Hockey



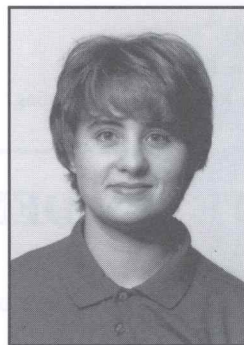
LYDIA DAWOUD
Men's Hockey



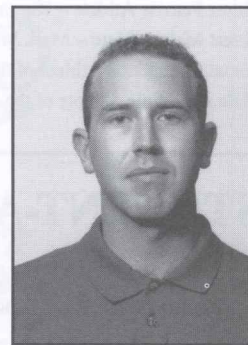
TRUDY DUNDASS
Football



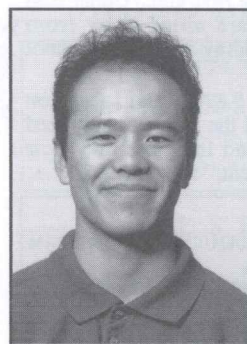
JOSEE FORTIN
Women's Rugby



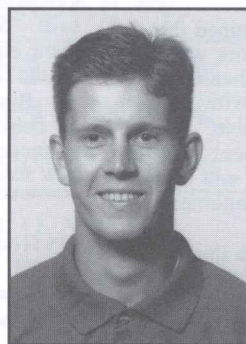
ANNA GUGLIELMI
Men's Rugby



DAVE HODGE
Men's Basketball



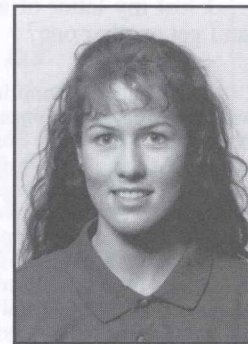
SERGIO HSIA
Volleyball



ROB JOSEPH
Men's Basketball

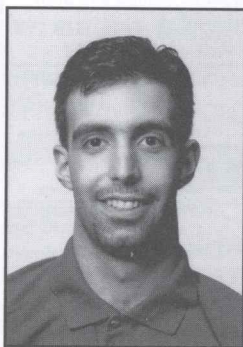


KIM LACHAPELLE
Women's Hockey

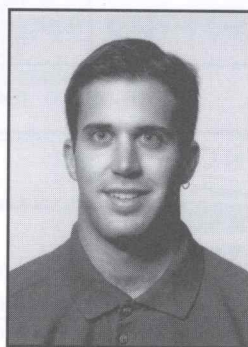


DOMINIQUE LEROUZES
Women's Soccer

CONCORDIA STINGERS ATHLETIC THERAPISTS



PETER LEVIDIS
Men's Hockey



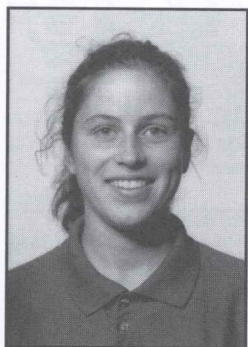
BRUNO LUSSIER
Football



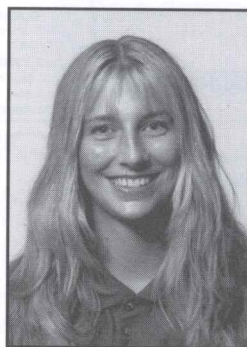
SHENA PRIHODA
Football



MELANIE SCRASE
Women's Rugby



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Football



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Women's Soccer



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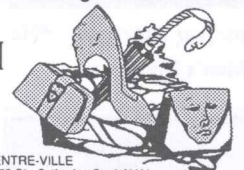
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	Lo-Hi Combo	M,W,F
	Cardio Muscle	T,Th
Hi Aerobics	Hi-Lo Impact	M,W,F
Body Design	Hi Energy	Sat.
	Buns & Abs	M,W,F
Dancersize	Body Shaping	T,Th
	Dancersize	T,Th
Dance & Yoga	Contemporary Dance	M,W
	Classical Ballet	T,Th
	Ballroom Dance (level I)	Fri.
	Ballroom Dance (level II)	Fri.
	Country Line Dance	Fri.
	Yoga	M,W
Martial Arts	Tai Chi	M,W
	Kung Fu**	M,F
	(any of these times)	W,F
	Martial Arts Club (Beginners)	M,W,F
	Martial Arts Club (Int-Adv.)	M,W,F
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	Basketball League (co-ed)	T,Th
	Fencing	Tues.
	Swimming (drop-in)	See recreation office for times
	Triathlon Club	See recreation office for times
	Weight room	M-F & Sat.
	Weight training/Instruction	By appointment

*Register at Victoria gym. ** Kung Fu is offered for Concordia students, staff and faculty only.

1820 DE MAISONNEUVE BLVD. W. 848-3860

Time	Location	Stud./Staff/Public
1:05 to 2 p.m.	Gym	\$27/37/52
12:05 to 1 p.m.	Gym	\$32/47/60
12:05 to 1 p.m.	Gym	\$27/37/52
1:05 to 2 p.m.	Gym	\$32/47/60
12:05 to 1 p.m.	Gym	\$20/30/40
4 to 4:55 p.m.	Gym	\$32/47/60
5:10 to 6:05 p.m.	Gym	\$27/37/52
4 to 4:55 p.m.	Gym	\$25/35/50
6:15 to 7:30 p.m.	Studio B	\$50/60/70
6:10 to 7:30 p.m.	Gym	\$40/50/70
7:05 to 6:25 p.m.	Gym	\$5/45/60
7:35 to 8:45 p.m.	Studio B	\$30/40/50
6:30 to 7:30 p.m.	Gym	\$30/40/50
5:05 to 6 p.m.	Gym	\$30/40/50
6:10 to 7:25 p.m.	Gym	\$28/38/58
6 to 7:30 p.m.	(1435 Bleury, first floor, metro Place-des Arts)	\$60/75/NA
noon to 1:30 p.m.	Studio A	\$62/72/92
7:30 to 9 p.m.	Gym	\$95/110/125
6 to 7:15 p.m.	Gym	\$25/35/50
7:35 to 10 p.m.	Gym	\$94/298/298
9:30 to 11:30 p.m.	1410 Fort St. Gym	\$15/25/40
2:05 to 3:50 p.m.	Gym	\$32/42/62
1:10 to 4:50 p.m.	Mtl. Fencing Club	\$45/100/130
7:45 to 10:30 p.m.	Marianapolis	\$25/35/NA
5:30 to 6:30 p.m.	Gym	\$55/85/100
8 a.m. to 10 p.m.	Weight room	\$25/30/50
11 a.m. to 5 p.m.	Weight room	\$20/25/30

LOYOLA COMPLEX

7200 SHERBROOKE ST. W. 848-3858

Type/Impact	Course	Day
Stud./Staff/Public		
Lo Aerobics	Light Impact	T,Th
Hi/Lo Aerobics	High Noon Cardio	M,W,F
Hi Aerobics	Power Hour	M,W
Step Aerobics	Step	T,Th
Intramural	Ice Hockey League	T to Sun.
Co-ed Team	Basketball League	T,Th
Sports	Broomball League	Fri.
	Touch Football	Sun.
	Indoor Soccer League	Wed.
	Volleyball League (co-ed)	Mon. & Fri.
	Ultimate Frisbee	Sat. & Sun.
Recreational & Individual	Karate	W,Th,F
	Badminton	Sun.
	Figure Skating Club	Wed.
	Tennis (six week lessons)	See recreation office for times
	Weight room	M to F & Sun.
Lifestyle	Wellness Program	See recreation brochure for complete details
	- Personal training	
	- Nutritional guidance	
	- Fitness testing	

*Prices for Ice Hockey are for students/staff/alumni for two semesters.
 Prices listed are for: Concordia students/staff, faculty, alumni, Cont. Ed./and general public for one semester unless otherwise stated.
 Activity pass fee: Student \$2; staff, faculty, alumni, Cont. Ed. \$3; general public \$5.
 Registration is ongoing. Courses are limited. Prices, times and days are subject to change.
 Loyola office hours & registration: Mon. to Fri.
 Victoria Gym office hours & registration: Mon. to Fri.

9 a.m. to 9 p.m.
 8 a.m. to 10 p.m. and Saturdays 11 a.m. to 5 p.m.

CAMPUS RECREATION

The campus recreation program at Concordia University offers students, staff, alumni and the local community a wide variety of programs throughout the academic year (fall, winter, spring). Activities are offered at both the downtown and Loyola campuses.

SO WHAT DO WE HAVE TO OFFER?

Morning aerobics, lo impact, aerobic workout, hi/lo impact, medium impact, funk impact, body shaping, aerobic fitness, light impact, contemporary dance, classical ballet, ballroom dance, yoga, Tai Chi, Kung Fu,

martial arts, women's self defence, triathlon club, fitness instruction, karate, hockey, broomball, ball hockey, volleyball, touch football, basketball and indoor soccer.

But which one to choose from? To make things easier, there are three open houses during the academic year. They take place Sept. 19 to 24, Jan. 16 to 21 and May 8 to 13. Students staff and faculty are welcome to try a class free of charge.

Keep in mind some activities fill up rather quickly, so you are encouraged to sign up as soon as you know which activity suits you.

REGISTRATION

Loyola Gym
 7200 Sherbrooke St. W.
 848-3858

The office is open Monday to Friday from 9 a.m. to 9 p.m.

Victoria Gym
 1822 de Maisonneuve Blvd. W.
 848-3860

The office is open Monday to Friday from 8 a.m. to 10 p.m. There are also office hours Saturdays from 11a.m. to 5 p.m.



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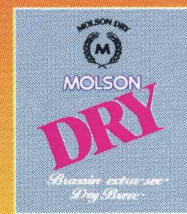
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